

NOVEMBER/DECEMBER 2023

**FNBC33/CNBC34 — FOOD AND  
NUTRITION**

Time : Three hours

Maximum : 75 marks

**SECTION A — (10 × 2 = 20 marks)**

Answer ALL the questions.



1. Define Micronutrients.
2. Illustrate the composition of balanced diet.
3. List out the sources of dietary lipids.
4. Compare saturated and unsaturated fatty acids.
5. How do proteins function as building food?
6. Contrast Kwarshiorkor and Marasmus.
7. What are the sources of thiamine and riboflavin?
8. Outline the functions of vitamin K.
9. How does ascorbic acid function as a free radical scavenger?
10. Show the significance of potassium in biological system.

SECTION B — (5 × 5 = 25 marks)

Answer ALL the questions.

11. (a) Mention the importance of dietary lipids.

Or

(b) Analyse how carbohydrates are classified.

12. (a) Organize the importance of essential fatty acids.

Or

(b) Distinguish MUFA and PUFA.

13. (a) Choose the rich sources of protein in diet.

Or

(b) Describe the functions of protein in our body.

14. (a) Choose a fat soluble vitamin which helps in the bone health and mention its role in it.

Or

(b) Dissect the importance of cobalamine.

15. (a) Build a chart for the sources, RDA and biological functions of Iron and calcium.

Or

(b) Survey the importance of iodine in our diet.



SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the nutritional significance of Carbohydrates.

17. Explain the classification of lipids and mention its importance.

18. Elaborate on the classification of protein.

19. Evaluate the functions folic acid and pantothenic acid in our body.

20. Discuss the sources RDA and functions of Sodium.

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